

Mission/Vision

- Provide quality, efficient, and effective human services, which improve the lives of people.
- Support people with intellectual and developmental disabilities to be viable members of their communities by providing specialized services when their needs exceed community resources.

Who we are

- The Life Skills and Transition Center (LSTC) is a state-operated, comprehensive support agency serving people with intellectual and developmental disabilities.
- It has been accredited by the Council since 1989.
- LSTC clients may reside on the campus, in supported living arrangements in the community of Grafton, or in communities across the state.
- The campus serves as a safety-net for people whose needs exceed community resources.
- Off-campus outreach and consultation services are provided statewide to help people remain in their communities and homes and to prevent admissions.

| LSTC Staffing (in FTE) | |
|------------------------|---------------|
| Direct Care | 199.02 |
| Clinical/Professional | 39.16 |
| Outreach Services | 36.09 |
| Food Service | 28.00 |
| Plant Services | 22.60 |
| Nurses | 21.12 |
| Program Coordination | 9.29 |
| Administrative | 8.50 |
| Psychology | 2.00 |
| Total FTE | 365.78 |

Services Provided

Residential Services – 24-hour comprehensive services and supports, including medical and clinical programming, are provided to people with intellectual and developmental disabilities who require skilled nursing services or need behavioral health services due to co-occurring psychiatric diagnoses and challenging behaviors, youth with intellectual disabilities who have difficulty finding housing and services in the community and who are in transition to community settings, and adults with developmental and intellectual disabilities who have sexual offending behaviors (secure services program).

- Services are outcome-based and guided by each person's preferences and individual needs.
- People can live alone or with a roommate, and can participate in community activities and organizations.
- Transportation is available through shuttle or vehicle scheduling.

FACT: From 2000 to 2016, the number of adults residing on campus dropped from 149 to 56.

Vocational Services

- The *Work Activity Program* serves individuals at vocational work sites on the campus and in the community. Work and activities are focused on each resident's particular need and interests and whenever possible integrate people into community work sites.

FACT: The Center also serves 13 adults in the community and 19 youth in a transition program who are waiting for community placement.

Outreach Services

- *Independent Supported Living Arrangement Program* (ISLA) – LSTC staff support individuals in local community housing so they can live independently.
- *Clinical Assistance, Resources, and Evaluation Service (CARES)* – A team of specialists including clinical staff and direct support staff provide consultation services and in-home and on-site supports in the community to prevent admissions and readmissions and to assist in transitioning people from the LSTC.



Outreach Services (continued)

- **CARES Clinic** assures that people with disabilities who live in the community in the Grafton region have local access to physical, occupational, and speech therapy services, adaptive equipment services, dental services and medical services provided by the LSTC without having to travel to Grand Forks.
- **Intellectual Disabilities Behavioral Health Service** – This is a team of applied behavioral analysts who deliver behavioral assessment and intervention services to people with intellectual and developmental disabilities throughout North Dakota.

Transitions

- In 2005, the Department of Human Services executive director convened a task force to prepare a plan in response to the mandate in House Bill 1012, Section 16, to transfer appropriate center residents to community settings.
- The center's superintendent chairs the task force, which includes other department staff, developmental disabilities services providers, and advocates.
- In 2009, the department's budget included added funding for providers serving severely medically fragile and behaviorally challenged individuals, and allowed the LSTC to establish a CARES team of specialists to provide consultation and services to help people remain in the community.

Life Skills & Transition Center Population

| | June 2016 | Goal: June 30, 2017 |
|--|-----------|---------------------|
| Adults on campus | 56 | 45 |
| Youth on campus | 19 | 8* |
| Adults in the community (waiver beds) | 13 | 15 |
| TOTAL | 88 | 68 |

* With 4 short-term crisis beds.

Campus Facilities

- The LSTC campus buildings are used for residential living and programming, administration and support, and leased building space.
- Total square footage on campus is 1,323,511 with 801,253 square feet of pedestrian tunnels.

Other Building Space

The LSTC provides space to the following entities:

- Midway Building (Tri-County Crisis Intervention)
- Health Services Building (Part of first floor leased for Veterans Clinic)
- Professional Services Building (Part of first floor leased to the ND Department of Transportation; second floor leased to Community Health Services and DHS Economic Assistance Division; part of third floor to ND Securities Department)
- Prairie View Building (DHS Northeast Human Service Center, Walsh County Head Start, Teddy Bear Child Care, Step By Step Child Care Center, and Data Dynamics)
- Sunset Building (Anne Carlsen Center, Catholic Charities and Protection and Advocacy of ND)
- Cottage 1 and Cottage 3 (Leased to private individuals who are supported by providers)
- Cottage 6 (Leased to ISLA consumers)

Unused and Underutilized Buildings

- The New Horizons Building and two residential living areas in Cedar Grove are vacant.
- The Prairie View building and third floor of the Professional Services Building are underutilized.

Buildings Sold

- North A and North B (Sold to Metro Plains and converted to private apartment in 1999)
- Buildings north of School Road (Sold to Grafton Park Board in 2011)

Buildings Proposed to be Demolished

- The demolition of Pleasant View and Refectory buildings has been postponed due to the allotment.

Contact: Susan Foerster, Superintendent, Life Skills and Transition Center
701 W. Sixth St., Grafton ND 58237-1379, Phone: 701-352-4302 or toll-free 800-252-4911
